

Self-Leadership driven by
identity & purpose

*"The power in knowing who you are,
what you want and the way to get
there"*

YouDynamics™



Self-Leadership & Personal Development

Welcome to YouDynamics™

Self-Leadership & Personal development

The power of knowing who you are, what you want and the way forward

Welcome to a program where you are in focus. The program is called YouDynamics™ because it is all about you and your dynamics. The power of knowing who you are, what you want and the way forward. How to reach your goals, desires and dreams, both on a personal as well as on a professional level.

YouDynamics™ is also about finding your purpose. An insight that will empower your self-leadership and personal development. Because something happens when you ask yourself "Who am I serving"?

Identity & purpose driven self-leadership

YouDynamics™ takes its starting point from your identity. A power within yourself for your self-leadership, your personal development and your ability to reach your goals. We call it identity and purpose driven self-leadership. It is our experience that identity and a personal purpose will have a dynamic effect on both your way to lead yourself and your development.

Your core identity, purpose & best place

The concept of identity entails a lot. Anything from your own self-image to how other people perceive you. When both sides are in tune in your life, your real you, we call it your core identity, is in place. To work from your core identity is powerful. We are going to use the concept identity from this understanding. Your core identity together with your purpose will be an intentional guide to the context or role that suits you best. A place filled with significance and joy.

Create capacity for your journey

You need to free margins and capacity to explore your road ahead. This step is characterized by a disciplined work where you need to actively lead yourself. If you have free time and margins in your life your road to a sustainable change become easier, not a burden of things on top of each other.

The art of setting goals & to be sustainable

Finally, at the end of your program you will read about how to set powerful and dynamic goals and how to reach them in a sustainable way. The goals can relate to your life in general or be more specific to your professional life, often they are connected. Common for your goals are that you are in the driver's seat. Your self-leadership is crucial.

Introduction

- Self-leadership & Personal Development
- Introduction before start

Part 1: Self Knowledge & Identity

- Knowing yourself
- Identity driven self-leadership
- Core identity
- Embrace yourself
- Nurse your inner voice

Part 2: Believe in transformation

- Get clear, free and going
- The brain & Change
- Purpose & Relationships
- True North
- Dare to dream
- Chosen truths & the circle effect
- Embrace & handle obstacles

Part 3: Identity & Purpose

- General aspects
- Retracing your steps
- Passion, Strengths & Values
- Finding your purpose
- Identity & Future mapping

Part 4: Your best Place

- Context & Pathway
- Stay, develop or explore?
- Tell your story

Part 5: Create capacity

- Free capacity & margin
- Time
- Inner strengths & engagement
- Finances

Part 6 : Dynamic goal setting

Empower your goals

- The art of setting goals
- Transaction or transformation?
- Long-term goals
- Sub-goals & milestones
- State as a target
- Link to values & strengths

Empower your road

- First step
- Thought culture & Supporting mindsets
- Intentional habits
- Celebrate progress
- Engagement & Attitude
- Ask for help

Calibrate your course

- Self-leadership means calibrating
- Time & Place

Part 7: Personal sustainability

- Perseverance & well-being
- Physical activity
- Social relationships
- Diet
- Sleep
- Balance in life

